



Preparing to Pray

Very early the next morning, long before daylight, Jesus got up and left the house. He went out of town to a lonely place, where he prayed. But Simon and his companions went out searching for him, and when they found him, they said, “Everyone is looking for you.” (Mark 1:35–37)

The news about Jesus spread all the more widely, and crowds of people came to hear him and be healed from their diseases. But he would go away to lonely places, where he prayed. (Luke 5:15–16)

At that time Jesus went up a hill to pray and spent the whole night there praying to God. When day came, he called his disciples to him and chose twelve of them. (Luke 6:12–13)

A Prayer Time

Set aside a time for daily prayer. This is the single most important thing you can do. When we establish a regular routine for prayer, we will make sure that our prayer life is not done “on the run.” Ten minutes a day is a good start. Set aside a regular time: morning, noontime, before dinner, or before going to sleep at night.

F When will I pray?

F When will our household pray?

A Prayer Place

We can pray anywhere. We all find places that are special to us, that help us to pray. Jesus did give us wise advice, though, when he taught us to withdraw to our rooms to pray. A sacred space need not always be confined to inside your house or a church. Explore outdoor settings. Take a walk—in the morning, at lunch time, in the evening. If you drive to work, leave early and spend time with God, quietly sitting in the parking lot before going in or make every drive a unique time to meet with God by playing instrumental music as you pray.

F Where will I pray?

F Where will our household pray?